







Soft Plyometric Bench

SKU: **GG-ACC-029**

Multi-purpose plyo bench for safer training that doubles as both a plyometric platform and a bench for lighter weight work. The dense foam core absorbs impact to protect joints, while the reinforced build provides stability for confident training in any setting.

Key Features

- High-density foam with reinforced plywood base for strength and stability
- Durable, non-slip vinyl surface for secure use
- Lightweight 19kg design with built-in handles for easy transport
- Dual function – suitable as a plyo box or exercise bench
- Printed exercise illustrations for instant workout ideas
- Joint-friendly design that reduces impact during jump training
- Compact footprint makes it ideal for studios and small gyms

Technical Specifications

Weight	19 kg
Length / Depth	100 cm
Height	40 cm
Width	30 cm